TECHNIQUE

FOR THE USE OF

COLD-RAY

MERCURY ULTRA-VIOLET

LIGHT

PHYSIOTHERAPY PRODUCTS CORP.

EVERYTHING ELECTRICAL
FOR THE
DOCTOR

1624-26 WEST SIXTH STREET
LOS ANGELES, CALIFORNIA
DREXEL 5450

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DETAILED SUGGESTIONS FOR THERAPEUTIC USE OF COLD-RAY

Compiled from Clinical Data received up to January 1, 1929, by

FREDERICK FINCH STRONG, M.D.

There are certain therapeutic factors inherent in the COLD-RAY, irrespective of which filter is used, or in other words, common to them all. These factors are due to the pulsatory nature of the light and the electrical charges induced in the patient synchronously with the light pulses. In general, these effects may be grouped under the following headings:

(a) ANODYNE
(b) METABOLIC STIMULANT
(c) CIRCULATORY STIMULANT
(d) ENDOCRINE BALANCER

In order to get results from the specific wave lengths transmitted by COLD-RAY filters, it is obviously necessary to exclude all extraneous light in so far as possible.

With the exception of the Infra-Red (which should precede Cold-Ray in certain cases as specified) no other electrical modality should be employed on the day of treatment, otherwise the beneficial action may be entirely neutralized.

GENERAL BATH

For general treatments patients should be stripped to the waist. Arrange Cold-Ray lamp twelve inches from body. Treat one-half hour over face and chest, and one-half hour over spine, daily, if possible. (It is not necessary to have the lamp directly over body).

LOCAL TREATMENTS

Expose as much of body as convenient around the affected area. Arrange Cold-Ray lamp about six inches from part to be treated. Treat from fifteen to thirty minutes or until relieved. (See alphabetical list.)

FILTER No. 1

Combines the anodyne, sedative, antiphlogistic and hemostatic action of the blue wave, 4358-59 A.U., with the restful and recuperative violet lines, 4047-78 A.U., and the highly vitalizing, blood-building, tissue energizing, reconstructive ultraviolet group, 3663-55-50. While there appears to be little direct chemical action on the cholesterol of the skin, recent case reports with X-ray show a remarkable action of the No. 1 Cold-Ray group in increasing available blood calcium in bone building. This is especially noticed in the healing of fractures and the bone rebuilding in cases of osteomyelitis. The action appears to be biological rather than chemical.

FILTER No. 2

Turquoise (green-blue). Wave-lengths 4358, 5461 A.U. Reduces fever in acute disease. Acts energetically in promoting growth of new skin and mucous membrane in injured areas. More anodyne than filters No. 3 and No. 4; less so than Filter No. 1. Indicated as a general alterative in acute disease.

FILTER No. 3

Yellow-green two-wave. Wave-lengths 5461, 5759, 5790 A.U. Cerebral stimulant and balancer. Promotes general cell and tissue building. Acts as a germicide by augmenting action of the leucocytes and prompting antitoxin formation. Respiratory stimulant and expectorant; general alterative in chronic disease.

FILTER No. 4

Monochromatic yellow. Wave-lengths 5759, 5790 A.U. The general action seems to be through the parasympathetic nervous system (the pneumogastric, vaso-dilator and secretory nerves). It appears to promote rebuilding and improve tone in unstriped muscle. (Laxative and stomachic). Stimulates action of thyroid, pancreas and liver). Motor and secretory stimulant to alimentary tract.

SUGGESTIONS FOR THE USE OF MONOCHROMATIC FILTERS WITH THE COLD-RAY

(Compiled from clinical data)

FREDERICK FINCH STRONG, M.D.
Hollywood, California

ABCESS—No. 1 fifteen minutes for anodyne effect. Followed by No. 2 filter for thirty minutes. Lamp close to area. Daily treatments.

ACNE—No. 2 and No. 3 on alternate days, locally, one hour daily. Precede treatment with infra-red. General baths with No. 1 twice weekly for tonic effect.

ADENOMA—No. 1 daily, one-half to one hour, locally.

ADENITIS—No. 1, one-half hour daily, locally. Acute—No. 2, one-half hour daily, locally.

ADHESIONS (Visceral)—No. 4, one hour daily, lamp close to body over abdomen.

ALOPECIA—No. 4, one-half hour daily, preceded by infra-red, and scalp massage.

ALCOHOLISM—No. 1, half-hour general treatments, several times daily if possible.

AMENORRHEA—No. 1, one hour, daily general bath; alternate every other day with No. 4 one-half hour over sacrum region and one-half hour over pelvis.

ANAL FISSURES—No. 2, one-half hour daily, locally.

ANASARCA—No. 1, general treatments, one-half hour front and one-half hour on back of body. Local treatments in addition, same day, often very desirable.

ANEMIA (Secondary)—No. 1, general bath, one hour daily.

ANKYLOSIS—No. 4, one hour daily, locally, preceded by infra-red.

APPENDICITIS (Chronic)—No. 1, locally, one-half hour daily.

Acute—No. 2, locally, one-half hour, repeated every few hours.

ARTERIOSCLEROSIS—No. 1, one hour general treatment.

ARTHRITIS—No. 1, one hour daily, locally, preceded by infra-red.

ASCITES—General treatments No. 1 as for Anasarca, followed by one-half hour with lamp close to abdomen.

ASTHMA (Cardiac)—No. 1, one-half hour over base of brain, and one-half hour over heart, daily, 6 inches from body.

Bronchial—No. 4, one-half hour treatment, over head and chest; repeated every two or three hours if necessary during paroxysms.

BELL'S PARALYSIS—No. 1, locally, one-half hour daily, alternate every other day with No. 3.

BOILS—No. 2, half-hour local treatment, frequently repeated. If pain is severe, use No. 1 occasionally.

BRONCHITIS (Acute)—No. 3, one hour, over thorax, preceded by infra-red, daily.

Chronic—No. 1 and No. 4, one hour on alternate days.

BURNS—Use No. 1 locally for one hour for the pain, and then No. 2 one-half hour every two hours, if possible.

BURSITIS—No. 1, one-half hour daily, locally.

CARBUNCLE—No. 1 and No. 2 locally, one-half hour each, alternate every few hours.

CARCINOMA—No. 1, locally, one hour, for relief of pain, daily; oftener if necessary. In early stages alternate with No. 4, locally.

CATARRH (Nasal)—No. 3, one hour daily, over face, close to lamp.

CHILBLAINS—No. 1, locally, until relieved, one hour or more.

CHLOROSIS—No. 1, one hour daily, over pelvis.

CHOLECYSTITIS (Acute)—No. 1 and No. 2, on alternate days, one hour; the lamp close to the abdomen.
Chronic—No. 4 daily.

CHOREA—No. 1, general bath, one hour daily, if possible.

CLIMACTERIC—No. 1, general bath, one hour daily to promote endocrine balance. For hot flashes use No. 4 one-half hour over solar plexus, the lamp close to the body.

COLITIS—No. 3, one hour daily, with lamp close to the abdomen.

CONSTIPATION—Alternate No. 1 and No. 4, one hour daily, close to abdomen.

CONTAGIOUS DISEASES (Exanthemata)—No. 2, general bath, one-half hour. Frequent treatments will greatly lessen the severity of the disease.

CORYZA—No. 2, one-half hour daily, close to face.

CYSTITIS—No. 2, one-half hour daily. Close over bladder.

DEAFNESS (Catarrhal)—No. 4, one-half hour over each ear. In some cases No. 1 gives better results.

DIABETES MELLITIS—No. 4, one hour daily, with lamp applied close over abdomen.

DROPSY—See Anasarca.

DUCTLESS-GLAND DYSFUNCTIONS—(Endocrine imbalance). No. 1, one-half hour front and back daily.

DUCTLESS-GLAND HYPOTHYROIDISM — No. 4, one-half hour daily over throat.

DUODENAL ULCER—No. 1 and No. 2, one-half hour locally, alternate days, with lamp close to abdomen.

DYSMENORRHEA—No. 1, over sacrum one-half hour, front of pelvis one-half hour. Precede with infra-red.

DYSPEPSIA—No. 4, one-half to one hour daily. Lamp close to epigastrium.

DYSENTERY—No. 2, one-half hour daily, lamp in contact with abdomen.

ECCHYMOSIS—No. 2, locally, one-half hour daily.

ECZEMA—No. 1, locally and generally, one hour or more daily. If not relieved, use No. 2 alternately.

EDEMA—If acute and local, use No. 2 daily, one-half hour locally.
Systematic—See Anasarca.

EMPYEMA—No. 3, locally, one-half hour daily.

ENDOCARDITIS (Chronic)—No. 1, one-half hour, front and back daily.

Acute—No. 2, with lamp close over heart, one-half hour daily.

ENURESIS—No. 4, one-half hour over bladder and one-half hour over sacral region, daily.

EPITHELIOMA—No. 2 and No. 4, one-half hour, locally, on alternate days. If pain is severe use one-half hour of No. 1 between treatments.

ERYSIPELAS—No. 2, close to affected area one-half hour daily. Alternate with No. 3 if not relieved.

ERYTHEMA—No. 1, locally, one-half hour daily

EYE, Diseases of the—

IRRITATION, EXCESSIVE WEEPING and CONGESTION—Alternate No. 1 and No. 2 one-half hour daily. Lamp about one foot from the eye. Eyes open.

CATARACTS—Local treatments, with No. 3, one-half hour daily. If hypertension is present use general treatments with No. 1, about every third day. Eyes open.

OPTIC NEURITIS and OPTIC NERVE ATROPHY—No. 2, one-half hour treatments daily. Several cases have shown decided improvement. Eyes open.

IRITIS—Alternate half-hour treatments over eyes, No. 1 and No. 3 daily. Eyes open.

GLAUCOMA—No. 1, generally, over face, one-half to one hour daily. Eyes open.

FATIGUE—No. 1 and No. 3, on alternate days, one hour, general treatment.

FELON—No. 2, half-hour treatments, locally, several times daily.

FISTULA—No. 1 and No. 2, on alternate days, one-half hour, locally.

FURUNCULOSIS—No. 2, half to one hour, locally and generally, daily.

GANGRENE—No. 1, locally, one hour treatment as an adjuvant, daily.

GASTRIC ULCER—No. 1 and No. 2, one-half hour, locally, alternate days, with lamp close to abdomen.

GASTRALGIA—No. 1, one-half hour or longer, lamp close to epigastrium, daily treatments.

GASTRITIS—No. 1, one-half hour daily, lamp close to body, locally.

GOITER (Exophthalmic)—No. 4, one hour over head and face, daily.

Other varieties—No. 1, with lamp close to neck, one-half hour, daily.

GONORRHEA—No. 2, locally, one-half hour daily.

GONORRHEAL ARTHRITIS—No. 1, locally, one-half hour daily, preceded by infra-red.

GOUT—No. 3, locally, one hour daily.

GRANULATION TISSUE—No. 3, locally, one hour daily.

HAY FEVER—No. 1 and No. 4, one-half hour, with lamp close to face, on alternate days.

HEART DISEASES—See Endocarditis.

HERPES LABIALIS and FACIALIS—No. 2, one-half hour daily, lamp close to face.

HERPES ZOSTER—No. 1 and No. 3, on alternate days, one-half hour local treatment.

HEMORRHOIDS—No. 1 and No. 2, on alternate days, one-half hour, with lamp close to anus.

HODGKIN'S DISEASE—No. 1, generally and locally, one-half to one hour daily, or twice daily.

HYPERTENSION—No. 1, one-half hour, with lamp close to cervical spine; one-half hour with lamp over thorax, daily.

HYPOTENSION—No. 1, one-half hour, with lamp close to cervical spine; one-half hour with lamp over thorax, daily. Every third treatment give No. 4 with lamp close to epigastrium.

HYSTERIA—No. 1 and No. 3, on alternate days, one-half hour, general treatments. For paroxysms use No. 1 over head and face, one hour or more.

INFLUENZA—General bath, No. 1, one hour or more daily, or more often. If pneumonia is present use No. 2 lamp applied close to thorax.

Intestinal—No. 1, applied over epigastrium, one hour daily.

INFECTIONS—No. 1 and No. 2, alternately, half-hour local treatment once or twice daily.

INSOMNIA—No. 1, over head and face, one hour daily. If persistant, use screen No. 1 at night for one hour to induce immediate sleep.

PRURITIS—No. 1, with lamp close to affected part, one-half to one hour daily.

PSORIASIS—General treatments, No. 1, one hour daily. Every third day use No. 3 one hour, with lamp close to affected areas of skin.

PYOSALPINX—No. 2, with lamp applied close to ovarian region.

RHEUMATISM—No. 1, locally, one-half to one hour daily, preceded by infra-red.

RHINITIS (atrophic)—No. 3, with face close to lamp, one-half hour daily.

(hyper)—No. 1, over face with lamp close, one-half hour daily.

SALPINGITIS—No. 2, one-half hour daily, applied over ovarian region, lamp close to body.

SCAR TISSUE (to absorb redundant)—No. 3, locally, half-hour treatments daily. Remarkable results have been obtained in this type of cases where the treatment has been persisted in for six weeks or more.

SCIATICA—No. 1, locally, one-half to one hour daily, preceded by infra-red.

SEPTICEMIA—No. 1, general treatments, one-half hour, frequently repeated to promote vital resistance.

SINUS INFECTION—No. 1 and No. 2, one hour treatments on alternate days, locally.

SPRAINS—No. 1, locally, one-half to one hour daily, or more often.

TONSILITIS (Acute)—No. 2, applied close to face, one-half hour daily.

Chronic—No. 1, one hour daily, applied close to face.

TRI-FACIAL NEURALGIA — Usually responds to No. 1, one-half hour treatment, locally, over affected side of face, daily; also general baths every three days, Filter No. 1.

TUBERCULOSIS (Early Stage)—General bath, one hour, daily, No. 1 and No. 4, on alternate days.

TUBERCULOSIS of BONES and JOINTS—No. 1, general bath, one hour; on alternate days use No. 2, locally, one-half hour treatments, with lamp close to body.

ULCERS, GASTRIC and DUODENAL—No. 1 and No. 2, one-half hour, locally, alternate days, with lamp close over epigastrium.

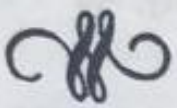
ULCERS, VARICOSE—No. 2, locally, one-half hour daily, with lamp close to affected area. Oftentimes infra-red before treatment is advisable, but in some cases it will be found very irritant and should not be used.

VEINS, VARICOSE—Same treatment as Varicose Ulcers.

WHOOPING COUGH—No. 3, over face and chest, one-half hour, frequently repeated, twice a day or more. If fever is high alternate with No. 2.

WOUNDS, To promote healing of — Alternate No. 1 and No. 2, one-half hour, locally, daily or twice daily.

Filter No. 1—Blue, Violet, Ultraviolet.
Filter No. 2—Turquoise (green-blue).
Filter No. 3—Yellow-green (2-wave).
Filter No. 4—Monochromatic yellow.



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